

## Participant Information Sheet

### Invitation

We would like to invite you to take part in our research study. Before you decide we would like you to understand why the research is being done and what it would involve for you. Please contact us if there is anything that is not clear.

### What is the purpose of the study?

The study aims to explore the link between interoception, the sense of inner body sensations, and pain in professional dancers. This project forms part of the researcher's Master of Osteopathy (M.Ost) degree course at the University College of Osteopathy (UCO).

### You are invited to take part if you are:

- **a professional dancer\* from any dance styles based in the United Kingdom** (*\*defined as having been paid to work, rehearse or perform as a dancer for a combined period of 3 months or more over the past months, and if you personally identify primarily as a professional dancer*).
- **You are over the age of 18**
- **You are living with or without pain**
- **You have NOT been diagnosed with any cardiovascular** (e.g. cardiomyopathy, heart failure), **rheumatological** (e.g. fibromyalgia, rheumatoid arthritis, spondyloarthropathies) **or respiratory conditions** (e.g. COPD).
- **You are comfortable sitting for 10 to 15 minutes**

### Do I have to take part?

No. It is entirely up to you to decide whether to join the study or not. The study is described in this information sheet. If you agree to take part, we will then invite you to complete an online questionnaire. You are free to stop filling it in at any time, without giving a reason, before its online submission. Whether you decide to take part or not, or withdraw, will not affect you in any way.

### What will happen to me if I take part?

Should you wish to take part you will be invited to fill in anonymously an online questionnaire in your own time before the 15th November 2019.

Consent for participation to the study will be implied by electronic submission of the completed questionnaire but you are free to stop at any point without providing any reason as long as you choose to do so before online submission.

The questionnaires consist of a series of questions, the majority being multiple-choice, including:

- Your age, gender, sex, height, weight
- Questions about your dance style, employment status, level of experience
- Questions about Mind-Body practices and level of experience
- Questions about your pain (if you are experiencing any) – duration, severity, location, management
- Questions about depression/ anxiety and eating disorders
- Questions about your awareness to feelings from your body
- Questions about your awareness of feelings of pain
- Questions about your attitude to your awareness of feelings of pain.

You will not be asked for your name and all responses will be anonymous.

### What are the possible disadvantages and risks of taking part?

You will be invited to give up approximately 10 minutes of your time to complete the questionnaire.

You may find that some questions described above touch areas that are particularly sensitive for you. If you think that this might be difficult, you are advised not to take part. If you feel upset whilst

completing the questionnaires, you are free to pause at any stage or stop the study completely without giving a reason prior to online submission. If you feel harmed in any way as a result of taking part in this study, you would be advised to contact the study supervisor for advice. The contact details are at the end of this information sheet.

### **What are the possible benefits of taking part?**

There are no direct personal benefits for you in taking part but you will be contributing your experience to a study which aims to help healthcare practitioners better understand factors that may affect dancers' body awareness and influence their responses to treatment.

### **What if there is a problem?**

You are free to stop completing the questionnaire at any time before its online submission. If you feel harmed in any way as a result of taking part in this study, you would be advised to contact the study supervisor for advice. Their contact details are at the end of this information sheet.

### **Will my taking part in the study remain confidential?**

Yes. All data will be treated as strictly confidential. All responses will be anonymous so that it will not be possible to identify you as an individual. Only three individuals will have access to the anonymised data: Maite Delafin, the main researcher, Jerry Draper-Rodi, the primary study supervisor and Michael Ford, the second supervisor, all from the University College of Osteopathy. The data will be stored securely and destroyed 6 years following completion of the study.

### **What will happen to the results from the study?**

Sections of the research may be disseminated by publication or presentation in research journals or at conferences.

If you would like to receive a copy of the final paper after the study ends in June 2020, please send your email address to the researcher (maite.delafin@uco.ac.uk).

### **Who is organising the research?**

The research is organised by Maïté Delafin, final year applicant, to fulfil the requirements of the Master of Osteopathy at the University College of Osteopathy (UCO, London, UK), and supervised by Dr Jerry Draper-Rodi, UCO tutor and researcher.

Thank you for taking the time to read the information sheet. Our contact details are given below should you have any questions or want further information.

#### **Student researcher**

##### **Maité DELAFIN**

maite.delafin@uco.ac.uk

+44 (0) 20 7407 0222

University College of Osteopathy

275 Borough High Street

London SE1 1JE

#### **Supervisor**

##### **Dr Jerry Draper-Rodi**

jerry.draper-rodri@uco.ac.uk

+44 (0)20 7089 5330

University College of Osteopathy

275 Borough High Street

London SE1 1JE